

When Everything You've Ever Dreamed Of Disappears

Landry Fields reveled in his identity as a professional basketball player. The perks—the fame, the fortune and the adulation—were all he ever needed to be happy in this life.

But what happens when all you ever wanted—all you ever dreamed of, all you ever worked for—suddenly disappears?

When the New York Knicks drafted Landry out of Stanford University in 2010, Landry had achieved his lifelong ambition of making it to the NBA. He grew up knowing who Jesus was, but had always treated Him as a mere afterthought.

And now that he had made it to the big time, He certainly had little room in his life for the Lord. The life of an NBA superstar—overindulging in alcohol and sexual promiscuity—suited him just fine.

“My family brought me up in church, so I never had an issue believing in God,” Landry said in my “Javelin” interview with him. “I’ve lived a lot of my life as a person who believes in God but lives as if He doesn’t exist. I already had a ‘gospel’ of my own—the promise that love and wealth are the world’s to give to the popular and gifted. I thought I was truly saved, but I’m not sure how God saw that. I didn’t need to trust God because I already trusted another god: the NBA. ... I preached a gospel of cheap grace to make myself feel better.”

In other words, as Landry put it, he was unashamedly “living in idolatry.” He had no problem in breaking the first commandment, “I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage. You shall have no other Gods before Me” (Ex. 20:2-3, MEV).

Throughout his playing time in New York, Landry looked at

teammate Jeremy Lin of Linsanity fame with awe concerning Lin's relationship with Jesus. Yet it wasn't enough to adjust his lifestyle.

But then, as God does with most of His servants, he brought Landry back to reality. And reality was hard for Landry to deal with.

After signing a free-agent contract with the Toronto Raptors that would pay him \$20 million over a three-year period, Landry suffered various injuries and underwent several surgeries to repair the ulnar nerve in his right arm. He underwent constant rehabilitation, forcing him to learn a new shooting form.

A two-year starter in New York, Landry missed 136 games over the next three years with Toronto. The dream had become a nightmare.

On top of that, in 2013, Landry and his girlfriend, Elaine, discovered they were going to have a baby out of wedlock.

So what do when you've hit rock bottom and nothing makes sense anymore?

"That's when God gave me sort of my own Damascus Road experience," Landry said. "I wasn't playing, I had a pregnant girlfriend; everything began to spiral downward. Everything you've ever known and everything everybody has ever wanted or expected from you is going down the toilet. God had to intervene or I don't know what might have happened."

Not knowing where else to turn, Landry called a friend, Carl Lentz, the head pastor at Hillsong NYC and an avid Knicks fan. Lentz didn't pass judgment on Landry, but told him it was time for him to "come home to Jesus."

Check out Shawn Akers' compelling interviews with various sports figures on Javelin on the Charisma Podcast Network.

"Carl is the only guy that I really trusted with all of this," Landry said. "He drew close to me and loved on me exactly how Jesus would."

Lentz began to disciple Landry, bringing Landry to the full knowledge of Jesus. But Landry's injuries still kept him off the basketball court, and he had to eventually realize that he might not ever play again.

"That's how God works. He never wastes a drop of pain," Landry said in an article he wrote for titled "Injury Interrupted My Idolatry." "God gifted me faith through my suffering. If you're in the midst of suffering—especially if it's long-term, complex or confusing—there are three gifts of faith that grow out of suffering in ways that will last. I'm talking about 1 Corinthians 3:15, 2 Corinthians 7:10 and Matthew 11:30."

- 1 Corinthians 3:15 – *"If anyone's work is burned, he will suffer loss. But he himself will be saved, still going through the fire"* (MEV)
- 2 Corinthians 7:10 – *"Godly sorrow produces repentance that leads to salvation and brings no regret, but the sorrow of the world produces death"* (MEV).
- Matthew 7:10 – *"For My yoke is easy, and My burden is light"* (MEV).

"God dims the light of our life with suffering, so that our hearts embrace a grace that really sustains," Landry wrote. "Not all at once, but day after day, over the course of years, God brought new clarity. The joy that God gives in suffering is a game-changer."

Landry's life has undergone drastic changes since his "Damascus Road Experience." He married Elaine, a believer, and

they are raising their son, James Jackson, to love Jesus. Still hoping that God will allow him to make a comeback in the NBA, Landry is working part-time at his church and serving the Lord. He frequently tweets Scripture and wants God to use his story to inspire others who have lost their dream—and their way.

“I’m not sure what God has in store for me, but I live by Proverbs 3:5 that says, ‘Trust in the Lord with all your heart.’” Landry says. “I keep clinging to that mustard seed of faith that’s floating beside me.

“If you are going through something painful or difficult, it doesn’t mean God isn’t paying attention or doesn’t care. It means God wants to win you to true faith in him, a better hope in His salvation, and deep humility and joy in His grace.”

Landry Fields—a man who thought he had it all and lost it, but found it all through Christ.

And as I always like to say, “there is that.” {eo}

33 Days Before Easter: The Story of Elijah and Defeat and Victory

In many instances in the Bible, defeat went before victory. Elijah knew, as did Jesus.

In this video devotional, Christian author and Pastor Jamie Buckingham explains the experience of the depths of defeat and the highs of victory. Remember, Jesus Himself was crucified before His glorious resurrection.

“God is still in control,” Buckingham says. “The followers of Jesus are still victorious. Ultimate victory is just around the corner.”

Watch the rest of this video here:

8 Ways to Recognize Binge-Eating and 7 Ways to Stop

Ideally, we would all only eat when we are hungry and stop eating when we are full. However, sometimes emotions like boredom, sadness or joy cause us to eat when we are not hungry at all.

This type of emotional eating can lead to weight problems if it happens too often.

Binge-eating is a far more serious condition than emotional eating or mindless eating. Binge eating often leads to morbid obesity, which by definition can become life threatening due to the vast array of health complications associated with obesity, such as heart disease and cancer.

People with a binge-eating disorder often feel out of control with their eating and sometimes describe their binges as out-of-body experiences. Binge-eating causes deep feelings of shame that, when experienced over a long period of time, can actually lead to suicide. Binge-eating is the most common type of eating disorder.

The National Eating Disorders Association describes binge-eating disorders in the following ways:

1. Eating in a discrete period of time (e.g., within any two-hour period) an amount of food that is definitely larger than what most people would eat in a similar period of time under similar circumstances.
2. A sense of lack of control over eating during the episode (e.g., a feeling that one cannot stop eating or control what or how much one is eating).
3. Eating much more rapidly than normal.
4. Eating until feeling uncomfortably full.
5. Eating large amounts of food when not feeling physically up to it.
6. Eating alone because of feeling embarrassed by how much one is eating.
7. Feeling disgusted with oneself, depressed or very guilty afterward.
8. The binge-eating occurs, on average, at least once a week for three months.

According to WebMd, the following strategies can help defeat a binge before it starts:

1. Follow a regular meal plan, which will minimize extreme hunger.
2. Focus on overall health rather than weight.
3. Learn your triggers. Recognize what feelings and interactions cause you to want you to binge.
4. Remove temptation. Don't keep foods that you like to binge on around the house.
5. Look for other ways to feel good. People who binge often feel depressed. Look for non-food ways to lift your mood.

6. When you feel an urge coming on, refer to a previously compiled list of goals and ask yourself if bingeing is consistent with them. Take a walk or otherwise delay the binge, and the urge might go away.

7. Stop during the binge. Even if you start to binge, you can stop after a few bites. This gets easier.

If you try these suggestions and they do not work, consider making an appointment with a psychologist or counselor who specializes in binge eating disorders.

For the original article, visit .

5 Prophetic Insights for 2016

As believers in Jesus Christ, you and I can walk in and release a supernatural, prophetic river of life (John 7:38). It is already flowing through us.

The reality of the new creation is this: When a person is born again, the Spirit of Jesus comes and takes up residence inside. From that moment forward, new life flows out of that person like a river of living water. As the *Amplified Bible* puts it, *"He who believes in Me [who cleaves to and trusts in and relies on Me] as the Scripture has said, from his innermost being shall flow [continuously] springs and rivers of living water"* (John 7:38).

The new life that flows through us makes it possible for the kingdom of God to touch the earth. *"Jesus Christ is the same yesterday and today and forever"* (Heb. 13:8, MEV).

What He did from the beginning, He still does today—creating and re-creating; healing and restoring; sending light into the

darkness; bringing victory to the humble and defeat to the proud. On a daily basis, as believers we breathe in and out the supernatural atmosphere of heaven into the earthly realm.

Today, more and more believers are being empowered by the Holy Spirit and becoming more aware of the naturally supernatural life in Christ. Yes, some are still a little afraid of this realm. Others go to the opposite side ditch getting their eyes fixed on the gifts instead of the giver and temporarily lose their way. But I have good news for you!

We can learn to distinguish between the good supernatural and the bad (Heb. 5:14). For more on this, see my "Surrendering Your Senses to the Holy Spirit" article and audio messages. As followers of Jesus Christ, we are called to bear good fruit and fruit that remains (John 15:16). We are called to listen to what the Holy Spirit is saying (John 16:13) and echo it in a meaningful, relatable way.

The following prophetic insights are gleanings from my ongoing walk with the Holy Spirit. These revelatory principles are built upon a previous message called "God Still Speaks." Let him who has an ear listen to what the Spirit is saying (Rev. 2:7).

5 Prophetic Insights

1. The West coast rumble has begun. For the last three years I have declared, "There is a spiritual shaking coming to the entire West Coast of North America. The Holy Spirit calls it "the rumble." It will happen all the way from San Diego to Vancouver, British Columbia, with seaports all along the way. This rumble will include presence-saturated miracles. The birthing room of prayer is now in place to watch over the movement as it begins."

In the last two years, I have had multiple confirming dreams concerning this fresh outpouring. The Holy Spirit spoke to me that there would be a "flash point" and that it would begin in

San Diego, California—then step down into Tijuana, Mexico, and then break out moving up and down the entire West Coast, utilizing many different healing revival teams.

In Pasadena, California, on Jan. 18, 2016, I declared that Jerame Nelson would be used to light this fresh fire and that Dr. Che Ahn would release his Father's blessing to this new activity. It has begun! Jerame and Miranda Nelson joined by Joshua and Janet Mills, along with area pastors in the San Diego area, are now stewarding sustained fire and glory meetings where miracles are nightly happening. The West Coast rumble has begun!

2. Apostolic motion is gaining momentum. Previously, I introduced a phrase called "apostolic motion." I am not referring to "apostolic succession" but "apostolic motion." Things are moving forward in an accelerated speed now.

We are in the time when seasoned apostles select and appoint others to lead in the spheres they have pioneered. In this time of great transition, leaders must trust the Lord, "let go" and empower others to lead. Yes, we are gaining momentum as this season of "apostolic motion" unfolds.

As an example, recently on the same Sunday morning in January, in the Los Angeles, California, area, two prominent leaders turned the reigns of the congregations they planted over to others. These are only two examples and I could recite several to you. These servant-leaders remain as the "founding leader" but will not carry the title or responsibility of a "pastor." It is a time of apostolic empowerment and multiplication for the sake of the harvest.

3. The Holy Spirit is releasing a fresh emphasis on open heavens. Last week, I had a dream that I was on stage performing a lead role in a theatrical play. When I was awakened from this dream, I realized I have had this very same

dream multiple times over the past several years. This time the ending was different.

In the fourth and last act of this dramatic presentation, I began to shift into an extemporaneous manner and completely changed the script. I shifted from the original script of a "Field of Dreams" and was directed into a new script called the "Convergence of the Ages." Instead of rehearsing the familiar lines I had done many times before, I started dramatically speaking, acting and singing about "Open Heavens" where fields of flowers were already in full bloom. It was not a time of declaring that something new was coming, but rather a time of stepping into the new that already exists.

In this hour, the Holy Spirit is releasing fresh emphasis with new applications from the church into the world especially in the form of theatrical arts. The field is changing. God is releasing open heavens into media where a convergence of the prophetic and the theatrical arts occur.

4. Communion: one of the highest weapons of spiritual warfare.

This phrase was originally spoken to me years ago by leading a prophetic intercessory group in Kansas City. I wrote this line down in the front cover of my ASV Moody Bible. "Communion, the Lord's Supper, is one of the highest and most overlooked weapons of spiritual warfare."

This past week as I was seeking the Lord for more understanding concerning an integrated healing model, the Holy Spirit spoke this word to me again for the second time in my life. "Communion, the Lord's Supper, is one of the highest and most overlooked weapons of spiritual warfare."

Old teachings will be made new on subjects such as the power of the blood and so on. As we partake in the Lord's Supper in congregational worship settings, the power of healing will break forth. We will cross over into the atmosphere of divine miracles where all things are possible.

5. A new men's movement is taking shape. The anointings of three different movements among men in recent church history will converge. Ed Cole began Maximized Manhood. Jack Frost and others pioneered the Father's Heart message. The third ministry was the most prominent called Promise Keepers led by Coach McCartney. James Ryle was the prophetic voice that inspired the Promise Keepers movement, and along with Ed Cole and Jack Frost, is another seed that has just fallen into the ground.

There is a harvest coming as the ingredients from these previous movements are brought together. This is necessary so that there will be long-term success of the current justice movements involved in rescuing victims of sex trafficking and child slavery. This evil must be eradicated in our generation!

The prophetic words of Malachi 4 will come to pass. Malachi 4:6 will be fulfilled, "He will turn the hearts of the fathers to their children, and the hearts of the children to their fathers." A new global men's movement is taking shape.

Yes, God still speaks, and this is a portion of what the Father—through the power of the Holy Spirit—has been revealing to me. They are insights of a supernatural kind. More, Lord! {eoa}

For the original article, visit .

34 Days Before Easter: 'Prayer Is Talking to God and

God Talking to You'

The Bible says that while large crowds followed Jesus, he often withdrew to lonely places to pray in solitude.

Christian author and pastor Jamie Buckingham says, "Two things seemed to be important to Jesus—solitude and prayer. Prayer is you talking to God and God talking to you. It's not a posture we take and it is not a formula. It does not depend upon whether you are a Christian, a Jew or a heathen. Prayer is two-way conversation with God."

So when you pray, close the door in your room and talk to God as a child talks to his father. And, listen to what He has to say. [Click here to watch the entire video:](#)

37 Days Before Easter: 'The Authority Is Yours in the Name of Jesus'

In Matthew 8, Jesus took authority over a legion of demons that has possessed a man. He cast them into a herd of swine, and the whole herd ran violently over a cliff and perished in the sea.

The same thing is happening with modern-day people who have been demon-possessed and are now free, Christian author and pastor Jamie Buckingham says in this video devotional. "We should remember the power Jesus Christ gives us over evil spirits."

The apostle Paul pointed out in Ephesians 6:12 that we struggle not against flesh and blood, but against principalities and powers, against the rulers of the darkness of this world and against spiritual forces of evil in the heavenly places.” But, they do not have authority over you unless you let them. Watch’s Jamie’s entire video devotional [here](#):

Do You Have a Space Invader?

Men are notorious for nurturing superficial friendships that center around the safer subjects of sports, business, sex and almost anything other than what’s most important.

We men protect our reputation and ego by surrounding ourselves with other men who want the same thing, and don’t want to expose any true vulnerabilities or be held accountable for behaviors. “How’s work going?” “Did you see the game last night?” is easier than “How’s the marriage?”

Over the last 15 years, Every Man Ministries surveys reveal that only 1 in 10 men over 30 have someone in their lives they would call a “true friend” who knows them at a deep or personal level. The irony of this reality is that we also know the margin of victory for men at the personal level is often ... one other man, who is a true friend, who “gets under the rock” with you on the deep issues of life.

So, whether or not you’ve got a close friend, here are the 5 “Cs” we know that move men from the “red zones” of life to the “end-zones” of celebration.

1. **Consistency.** The principle of frequency, meeting regularly

and connecting on an ongoing basis gives men a go-to guy for all things besides the typical chit-chat small talk. Breaking consistency can lead to isolating, which is the enemy to forging new character in Christ.

“And let us consider how to spur one another to love and to good works. Let us not forsake the assembling of ourselves together, as is the manner of some, but let us exhort one another, especially as you see the Day approaching” (Heb. 10:24-25, MEV).

2. Confession. The principle of authenticity provides men a confidant who you can be honest with, and who will tell the truth even when it hurts. This may be men’s highest hurdle, because we are afraid of lowering the veils and opening our lives, beliefs and concerns and (gasp) sharing our feelings. Your friend will not have all the answers, but will be someone to confess true struggles that all men fight. This is a friend who is authentic, not synthetic, and will be frank instead of flatter.

“Confess your faults to one another and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man accomplishes much” (James 5:16, MEV).

“He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy” (Proverbs 28:13, MEV).

3. Care. The principle of empathy gives men an ally in the “good fight of faith,” one who cares about the needs, hurts, hopes and dreams of another. It’s masculine empathy from masculinity, which is not femininity. When tough times arise, and they will, men need men who care enough to be attentive, available and willing to assist.

“A friend loves at all times, and a brother is born for adversity” (Prov. 17:17, MEV).

4. Confidentiality. The principle of safety gives men an environment to dig deep without being condemned for struggles. A true friend will honor the code of confidentiality, and be able to “talk about anything.” Within this umbrella of safety, men can confide true issues with living a life serving Christ and others, transforming concerns into convictions. But it takes a brother who will help hold you accountable within the code.

“There is therefore now no condemnation for those who are in Christ Jesus, who walk not according to the flesh, but according to the Spirit” (Rom. 8:1, MEV).

“My eyes shall be favorable to the faithful in the land, that they may live with me; he who walks in a blameless manner, he shall serve me” (Ps. 101:6, MEV).

“For God did not send His Son into the world to condemn the world, but that the world through Him might be saved” (John 3:17, MEV).

5. Completion. The principle of maturity involves having a friend who can hold a position of authority in your life. God is designed for vertical authority, but a friend can provide horizontal authority, standing in your blind spot. He will be able to see things about yourself that you may not, and have the ability to guide you towards completing the character maturity issue in your life. This kind of friend can bruise your ego so it may be healed by Christ.

“Open rebuke is better than secret love. Faithful are the wounds of a friend, but the kisses of an enemy are deceitful” (Prov. 27:5-6, MEV).

“Let the righteous man strike me; it shall be a kindness. Let him rebuke me; it shall be oil for my head; let my head not refuse it. For my prayer is continually against their evil deeds.” (Psalm 141:5, MEV).

Men need one man to pursue victory in all areas of life. Even Jesus had John. Moses had Aaron. David had Jonathan. Paul had Timothy. Greatness comes from one great friend.

Kenny Luck is the president and founder of Every Man Ministries. As the former men's pastor at Saddleback Church in California and current leadership pastor at Crossline Community Church, Kenny has found the proven way to improve men's ministries around the world. *Sleeping Giant* is this blueprint, and gives men the tools they need to lead and understand their own men's ministry. Watch Kenny's teachings at [and](#) start your men's group today!

Follow Every Man Ministries now on Facebook, Twitter (@everymm,) and YouTube.

For the original article, visit [.](#)

Study: Compound in Green Tea Could Help Fight Rheumatoid Arthritis

A compound in green tea, known to have potent anti-inflammatory properties, has been found to be an effective potential treatment for rheumatoid arthritis.

In a new study published in the journal *Arthritis and Rheumatology*, researchers from Washington State University (WSU) in Spokane revealed the compound—called epigallocatechin-3-gallate (EGCG)—reduced ankle swelling in mice with a rodent form of RA, **Medical News Today** reports.

Last month, the death of Eagles' founder Glen Frey—a long-time

RA sufferer—was partly attributed to health problems tied to the arthritis drugs he was taking, according the singer's manager, Irving Azof.

Salah-uddin Ahmed, of the WSU College of Pharmacy, who led the new study, said the compound EGCG may be a promising alternative to current treatments for RA. EGCG is a chemical compound that belongs to a class of flavanols known as catechins, found in green tea.

After giving EGCG to with RA for 10 days, the team noticed that treatment with the compound led to a significant reduction in ankle swelling.

The researchers found that EGCG reduces the activity of TAK1—a protein that triggers the inflammation and tissue damage found in RA.

“Our findings provide a rationale for targeting TAK1 for the treatment of RA with EGCG,” said Ahmed.

For the original article, visit .

38 Days Before Easter: ‘You Have Full Authority Over Every Evil Spirit’

When Jesus began His public ministry, demons would tremble when He came near. His presence stirred up these demons that operated in the unseen world, a world in which Jesus was familiar.

Before He ascended into heaven, Jesus told His disciples, “I’m

going to give you the same power of authority over demons when the Holy Spirit comes upon you. We're not subject to evil spirits—they are subject to us."

In this video devotional, Christian author and Pastor Jamie Buckingham talks about the authority Jesus has also given us over these demonic spirits:

How Do You Find Your Wife's Secret Switch?

While mulling over possible topics for this article, I turned to my husband and asked, "Keith, what's the one thing about women that most men want to understand?"

He chuckled and replied, "That's easy: How to get their wives in the mood." Then he paused and added, "And let me read it when you're finished."

Ah, yes, what is that elusive, secret switch you can flick to turn women on? I wonder whether you men suspect we women have one, whether we're all in a giant conspiracy to hide it from you, sort of like Samson and Delilah in reverse.

If I could share any secret with you, it would be this: *We women don't actually know what that switch is either.* After almost two decades of marriage, I've decided women's sex drives are such a mishmash of competing elements that only God knows what's really going on. We're largely hormonal. We're also emotional. And we're spiritual. Get the right mix, and things fly! If one's out of whack, you're likely out of luck.

But I don't want to leave you even more depressed than you

already were, so let me give you a few thoughts that will at least send you in the right direction:

1. Tell your wife she's beautiful. Counting your wife's calories is not cool. If you want to love her sacrificially and empower her to change, then caress her. Love her. Show her what body parts you adore, because chances are she's way harder on herself than you ever could be.

And if you really would prefer that she lose weight, then do it with her! Suggest you take a walk together after dinner. Start cooking healthful meals. If you don't find her attractive, then you're part of the problem. Be part of the solution too.

2. Touch her without expecting it to go anywhere. Many women stop kissing as soon as they walk down the aisle because too many husbands give their wives the message that kissing equals a promissory note for sex later. If you give that impression, then you've also guaranteed you'll have a lousy sex life.

Why? Because women aren't always sure they want the touch to go somewhere. So they'll stop touching to avoid a fight. But if they stop touching, they eliminate one of the primary ways they feel safe, close and even desired. You need touch in your relationship if you're going to boost her libido. Start touching and kissing—not groping—your wife regularly.

3. Don't increase her exhaustion. Women's No. 1 reason for not wanting sex is that they are absolutely exhausted. We have to be able to concentrate to enjoy making love. If we're tired, we can't concentrate.

If you want more sex, then go out of your way to make sure your wife isn't exhausted. Pick up a mop. Put the kids in bed. Help her figure out what commitments she can eliminate. Sometimes she'll resist because most women are control freaks; they get testy if a man tries to help. But push through because she needs to feel she doesn't have the world on her

shoulders.

4. Talk to her. Want more action in the bedroom? Better make sure there's action outside the bedroom too! Just take a walk with her every night and catch up, giving her a chance to share her heart. Ask about her day and what she's worried about. This helps clear her head too so that she won't be so distracted when making love.

5. Figure out what feels good to her. If your wife isn't having a good time in bed, she certainly may have sexual issues. But for the vast majority of women, when sex doesn't feel pleasurable, it's because her husband hasn't taken the time to learn how to make her feel good, and she's given up.

Take time to discover how she likes to be touched (Hint: Chances are it's a lot lighter than you like to be touched). Many women are embarrassed to tell their husbands what they want, and others may not even know what feels good. Don't take her silence to mean you're doing everything right. If she's not in ecstasy, you have work to do.

6. Trash the porn. Pornography rewires your brain so that what becomes arousing is a picture or an image rather than a live human being. It will make your wife feel like trash, and it will make her feel angry and unwanted. It is not OK. It is not harmless. It is not something you do just to give your wife a break sometimes. It is wrong. Always. End of story.

7. Clean is sexy. Often the best foreplay is a shower. If you're a guy who has never really enjoyed brushing his teeth and considers showering a waste of time, then it's time to re-evaluate your priorities. If you're turning her off, it will be a lot harder to turn her on.

8. Love her anyway. Will taking these eight steps totally assure your bedroom heats up? Not necessarily. There are no guarantees, and all too many women are insensitive to their husbands' very real sexual needs. But love her anyway. When

you aren't getting your needs met, the answer isn't to withdraw. Love, acceptance and selflessness can turn a marriage around. And even if they don't, you've stepped out in faith to love her as Jesus called you to (Eph. 5:25). If your wife doesn't notice or appreciate it, rest assured that God always does.

For the original article, visit .